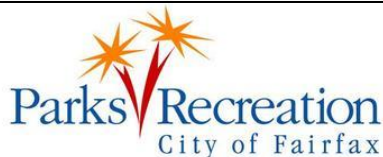




Young at Heart Senior Center Newsletter



AMAZING EXPERIENCES!

General Information

Welcome

The City of Fairfax Senior Center invites you to join the **Young at Heart Senior Center** for "Amazing Experiences!"

Please visit our website at
www.fairfaxva.gov/ParksRec,



The City of Fairfax's Senior Center is a recreational center with numerous and varied activities for all adults 55 years and older. A registration form is required before participating in any activities. We ask that you scan your membership card upon entering the building. Membership is free for City and County residents. A fee of \$50 per year will be charged to out of City/County residents. We hope you get involved in the many senior center activities, free and fee-based classes, special events and trips during this wonderful summer season.

The City of Fairfax Parks and Recreation Department is constantly striving to keep our gold medal standards and committed to our mission to: *Enrich the quality of life in the City of Fairfax and maintain the unique hometown character that makes the City a special place to live, work and play.*

Four ways to register for classes

1. **ONLINE:** www.fairfaxva.gov/ParksRec,
24 hours a day.
2. **WALK-IN:** Come to the City Hall Office, Stacy C. Sherwood Community Center or Green Acres Center:
8:30am–5 pm, Monday – Friday.
Saturday and Sunday 9am-2pm
3. **MAIL-IN:** Signed and completed registration forms must be mailed to:
City of Fairfax Parks and Recreation,
10455 Armstrong St. Fairfax, VA 22030.
4. **FAX-IN:** Signed and completed registration forms must be faxed to
703-246-6321

Payment Method Accepted

American Express, Discover, MasterCard or Visa

Make checks payable to: *City of Fairfax*.

Payment must be made at the time of registration. Assumption of Risk

Waiver, found on registration form, must be signed by all participants at time of registration. Parent/legal guardian signature is required for participants under the age of 18 years.

Senior Center Location

Green Acres Center
4401 Sideburn Road
Fairfax, VA 22030
703-273-6090
TTY (711)

Hours of Operation:

Monday through Friday
8am to 5pm

Green Acres Senior Center Staff



Anne Chase

Recreation Manager and Senior Center Manager

anne.chase@fairfaxva.gov

(703) 359-2487

Daniel Young

Assistant Senior Center Manager

daniel.young@fairfaxva.gov

(703) 385-3943

Jann Richards-Weltman

Recreation Assistant

jann.weltman@fairfaxva.gov

(703) 273-6090

Carrie Leffler- Trip Chaperone

Senior Center General Information

Senior Center Activities at Green Acres Center

These are ongoing activities that take place at the Senior Center. Mark your calendars so you can participate in the fun! More information on activities and programs taking place at the Senior Center can be found on our website at www.fairfaxva.gov/parksRec.

Men's Morning Coffee Group

Every morning, 8am-10am:
Coffee, breakfast treats and lively conversation.

Bocce

May – September, Thursdays, 9am-11am:
Tournament-style play. Outdoor courts.

90's Club

For those in 10th decade, meets the 4th Friday, 10am.

WWII Veterans Association

Meets quarterly. Call Bill Sheads: 703-323-9444.

Current Events Group

Every Tuesday, 1pm-3pm: Discuss the latest topics going on in our world.

Mah-Jongg

Every Monday and Thursday, 10am-2pm:
Similar to the western card game Rummy, Mah-Jongg is a game of skill, strategy and calculation involving a certain degree of chance.

Fairfax Antique Arts Association

Third Thursday of each month at 10am: Invites guest speakers to show and discuss their collections.

BUNCO

Every other Friday at 10:30am:
Please check monthly calendar for dates.

Pinochle/Mexican Train/Canasta

Played daily throughout the week starting at 9:30am or 10am (check monthly calendar).

NOVA Neighbors Bridge

First and third Mondays of each month at 12 noon: play intermediate to advanced contract bridge. Chicago scoring is used, but party bridge rotations are followed.

Cut Coupons for Military Families

4th Fridays at 9:30am

Military History

Every Tuesday, 10am-Noon: Covers military history beginning with the Revolutionary War to the present.

Library

Books loaned on Honor system: enjoy and return. We appreciate the donation of books published after year 2000.

Monthly Birthday Celebrations

First Fridays at 12 noon.

Senior Pickleball

Every Monday, Tuesday, Wednesday, and Thursday: 1pm -3pm. A racquet sport which combines elements of badminton and table tennis. Great exercise and fun!

"Fabric Fanatics" Sewing Group

Usually last Thursday each month, 10am-3pm:
A wonderful way to work on your own project or offer your help for a charitable cause. Refer to calendar.

Euchre Card Game

Fridays, 1:30pm. Need four participants to play; Free.

Millennium Art Guild

Every Thursday, 1pm- 4pm:
Artists bring in their own art projects and supplies. All forms of art are welcome.

BINGO

Every other Friday of the month at 10:30am:
Please check monthly calendar for dates. \$2 fee

Day at the Races

Every other Monday of the month, 10:30am:
Please check calendar for dates.

German Conversation

Thursdays from 10:30am-Noon:
For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen.....

Chess

Strategize on the checkerboard. Every Monday 10am.




Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Bold items in calendar are new session beginnings or special events</u></p>	<p>****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703)273-6090</p>			<p>1 8am: Men's Coffee Group 8:30am: Seniorcise make-up 10am: Grand Slam Bridge Group 10:30am: BINGO Noon: May Birthdays! Noon: BP and Ask a Nurse 12:30pm TRAVEL LOG w/Don 2pm: Trip Committee Meeting</p>	<p>2</p>  <p>Derby-Q Event 2pm- 7pm Old Town Square</p>
<p>4 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg / Chess 10am: Encore Collage Playshop: RETRO-introSPECTIVE Process 10:30am: Line Dancing Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>5 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickleball 6pm: Living w/ Dementia Caregiver</p>	<p>6 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle TRIP: Nationals Baseball 1pm-3pm: Pickleball 1pm: Learn Spanish course 2:15pm: Come Sit Meditation</p>	<p>7 8am: Men's Coffee Group 9am-pm: Sky Meadow State Park 9am: Bocce Season Opener 10am Mah-Jongg 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 11am - Mother's Day Tea & Your Wedding Dresses Display 2:15pm: Stretch & Breathe</p>	<p>9</p> 
<p>11 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>12 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 6pm: Living w/ Dementia Caregiver</p>	<p>13 <u>Newport News 5/13-16:</u> VIRGINIA SENIOR GAMES</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Old Town Winchester 10am: Pinochle 1pm-3pm: Pickleball 1pm: Learn Spanish 2:15pm: Come Sit Meditation</p>	<p>14- <u>VA Senior Games continue</u></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>15- <u>VA Senior Games cont.</u></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BINGO Noon: BP and Ask a Nurse 12:30pm Table Games 2:15pm: Stretch & Breathe 6pm-9pm ROCK THE BLOCK</p>	<p>16 <u>Virginia Senior Games Conclude in Newport News:</u> Badminton, Cycling, Track & Field Events, Volleyball + more: Archery, Basketball, Billiards, Bowling, Canasta, Disc Golf,</p>
<p>18 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dancing 10:30am: DAY AT THE RACES 10am: Mah-Jongg/ Chess Noon: NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga - \$5 4pm-5:30pm: Art for Seniors 4:30pm: Hula Dance</p>	<p>19 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 6pm: Living w/ Dementia Caregiver</p> 	<p>20 8am: Men's Coffee Group TRIP: Solomon's Island 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 1pm: Learn Spanish course 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation</p>	<p>21 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10am: Grand Slam Bridge Group 10am 90's Club 11:30am: Kick-off to Summer Barbeque and Potluck 2:15pm: Stretch & Breathe</p>	<p>23 Golf, Horseshoes, Mini Golf, Road Race, Pickleball, Tennis, Racquetball, Softball, Shuffleboard, Table Tennis, & Swimming.</p>
<p>25 Memorial Day Holiday Green Acres closed</p> 	<p>26 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3/4pm: Pickleball lessons: Beg/Int</p>	<p>27 Senior Health & Fitness Day *Take a Fitness Class for FREE! * Stop by the Front Desk!</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Belle Grove Plantation 10am: Pinochle 1pm-3pm: Pickleball 1pm: Learn Spanish course 2:15pm: Come Sit Meditation</p>	<p>28 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am-Speaker:Housing Options 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 12:30pm Table Games 1:30pm Euchre Tournament 2:15pm: Stretch & Breathe</p>	<p>30</p> <p>3pm-8pm: <u>Paddleboat on the Tidal Basin</u> <u>Van Trip</u></p>

CITY OF FAIRFAX SENIOR CENTER	June 2015	(703) 273-6090
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June 2015	(703) 273-6090
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(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
1 Niagara Falls & Toronto depart 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing Noon - NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors - CX	2 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta / Military History 1pm Hospitality Committee Mtg. 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Pickleball lessons: Beg/Int	3 8am: Men's Coffee Group 10am: Pinochle <u>TRIP: Occoquan Boat Ride</u> 1pm: Learn Spanish course 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation - CX	4 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	5 8am: Men's Coffee Group 9:15am/10:15am:Tai Chi- Adv/Beg 10:30am: BINGO Noon: June Birthdays! Noon: BP and Ask a Nurse 1:30pm Euchre – learn to play! 2pm: Trip Committee Meeting Niagara Falls & Toronto returns	6 D Day 1944 Check out our website www.fairfaxva.gov *Calendar subject to change. Updates posted on website and at senior center.
8 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10:30am: Line Dance 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 11am: Feldenkrais Class 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors - CX	9 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 3/4pm: Pickleball lessons: Beg/Int	10 8am: Men's Coffee Group <u>TRIP: Misty Meadows Farm</u> Noon Table Games 1pm: Learn Spanish course 1pm-3pm: Pickleball	11 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation 12:30pm: Marketing Committee Mtg. 1-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	12 8am: Men's Coffee Group 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO 11:30am: Living Longer at Home with Rob Rickert 1:30pm Euchre	13 <i>Sunday, June 14:</i> Flag Day 
15 8am: Men's Coffee Group 8:30am July-Aug Trip Registration 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES Noon: NOVA Neighbors Bridge 12pm: Trip Register online / phone 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors - CX	16 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	17 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>Winchester TRIP: A Funny Thing Happened on the Way to the Forum</u> Noon Table Games 1pm-3pm: Pickleball 1pm: Learn Spanish course	18 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv.Cont.Bridge 10am Mah-Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 10:30am Elements of Fly Fishing 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 12:30pm: Marketing Committee 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit	19 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Father's Day Breakfast 10:30am: BINGO Noon: BP and Ask a Nurse 12:30pm Table Games 1:30pm Euchre	20 <i>Sunday, June 21:</i> Father's Day 
22 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors - CX	23 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3/4pm: Pickleball lessons: Beg/Int	24 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP: Riverside Dinner Theater - Frank</u> 1pm: MOVIE & POPCORN: 1pm: Learn Spanish course 1pm-3pm: Pickleball	25 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10:15am: Fabric Fanatics Sewing 10am Mah-Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit & Get Fit	26 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10am 90's Club 10:30am: BUNCO 11am: Fall Prevention Program Noon: Refreshments 1pm: Games 1:30pm Euchre 6pm-9pm ROCK THE BLOCK	27 12:30pm – FREE Fitness Room Equipment Orientation 
29 8am: Men's Coffee 9:30am: Bridge 10am: Mah-Jongg /Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga	30 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Pickleball lessons: Beg/Int		 It's SUMMER!	Bold items <u>in calendar are</u> <u>new session beginnings</u> <u>or special events</u>	****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
July – August Trips published in early June with Registrations beginning Monday, June 15 at 8:30am		1 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 11:30am: Independence Day Cookout & Potluck Luncheon Noon: Table Games 1-3pm: Pickleball	2 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation -CX 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild	3 <i>Holiday for Independence Day</i> <u>Senior Center Closed</u>	4 <i>Independence Day</i> <i>10am: Parade</i> 
6 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 10am: Mah-Jongg / Chess 10:30am: Line Dancing Noon NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga	7 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm Hospitality Committee Mtg - CX 3/4pm: Pickleball lessons: Beg/Int	8 8am: Men's Coffee Group 9:30am: Seniorcise 10am: Pinochle <u>Trip: Kreeger Museum, DC</u> Noon Table Games 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	9 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation -CX 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	10 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: July Birthdays! Noon: BP and Ask a Nurse 1:30pm Euchre 2pm: Trip Committee Meeting	11
13 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg / Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga	14 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3pm: Pickleball lessons: Beg 4pm: Int. Pickleball Lessons - CX	15 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>Trip: Walkersville S Railroad</u> 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	16 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation -CX 11:30am: Easy Strength Training 11:30am: LUNCH BUNCH- Brion's 1pm-3pm: Pickleball 1pm-4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	17 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO Noon: Brown Bag Day /Games 1:30pm Euchre	18 
20 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg / Chess 10:15am: Line Dancing Noon NOVA Neighbors Bridge 1pm-3pm: Pickleball 4pm-5:30pm: Art for Seniors- CX	21 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3pm: Pickleball lessons: Beg	22 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 1pm-3pm: Pickleball 2:15pm: Meditation – no class <u>Trip: St. Michaels, MD</u>	23 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am Mah-Jongg 10:30am: German Conversation -CX 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 3pm: Pickleball lessons: Beg	24 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Cut Coupons for Military 10:30am: BINGO: Xmas in July! Noon: BP and Ask a Nurse Noon: Brown Bag Day /Games 1:30pm Euchre 6pm-9pm ROCK THE BLOCK	25 <u>Bold items in calendar are new session beginnings or special events</u>
27 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors - CX	28 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3pm: Pickleball lessons: Beg	29 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>Trip: Valentine Museum</u> 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	30 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10am Mah-Jongg 10:30am: German Conversation -CX 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	31 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am: Tai Chi- Adv. 10am 90's Club 10:15am: Tai Chi – Beg. 10:30am: BUNCO 2:15pm: Stretch & Breathe	****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
3 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing Noon – NOVA Neighbors Bridge 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors - CX	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11am-1pm Fitness Room Orientation 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Meeting 2pm: Senior Council Meeting	5 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>Trip: Baltimore Inner Harbor</u> Noon: Fitness walk 1pm-3pm: Pickleball 2:15pm Come Sit and Meditation	6 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Mah-Jongg: Int'l & Chinese 10:30am: German Conversation -CX 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	7 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am: Tai Chi - Adv. 10:15am: Tai Chi - Beg 10:30am: BINGO Noon: August Birthdays Noon: BP and Ask a Nurse 12:30pm: Corn Hole 2pm: Trip Committee 2:15pm: Stretch & Breathe - CX	8 July – August Trips published in early June with registrations beginning Monday, June 15 at 8:30am
10 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors- CX	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	12 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>Trip: Riverside Dinner Theater – Wedding Singer</u> 1pm-3pm: Pickleball 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation	13 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Mah-Jongg: Int'l & Chinese 10:30am: German Conversation -CX 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild	14 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am: Tai Chi - Adv. 10:15am: Tai Chi - Beg 10:30am: BUNCO 12:30pm: Corn Hole 2:15pm: Stretch & Breathe - CX	15
17 8am: Men's Coffee Group 8:30am: Sept-Oct Trips Registration; 12: online/phone 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg/ Chess 10:30am: Line Dancing Noon – NOVA Neighbors Bridge 1pm: Table games 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors - CX	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball	19 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>Trip: Wine Trail – Frederick MD</u> 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	20 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Mah-Jongg: Int'l & Chinese 10:15am: Fairfax Antique Arts 10:30am: German Conversation - CX 11:30am: Easy Strength Training 11:30am: LUNCH BUNCH 1pm: Pickleball / 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit	21 8am: Men's Coffee Group 8:30am: Seniorcise 9:15am: Tai Chi - Adv. 10:15am: Tai Chi –Beg. 10:30am: BINGO Noon: BP and Ask a Nurse Noon: Table Games 2:15pm: Stretch & Breathe - CX	22 9am-5pm: Chill Out and Float the Antietam Creek Van Trip 
24 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg / Chess 10:30am: Line Dancing 10:30am: DAY AT THE RACES 1pm-3pm: Pickleball 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors- CX	25 8am: Men's Coffee Group 8:30am: Seniorcise- class cancel 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting	26 8am: Men's Coffee Group 8:30am: Seniorcise- class cancel 10am: Pinochle <u>Trip: Hollywood Casino, WV</u> 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation	27 8am: Men's Coffee Group 9am: Bocce 9:30am: Adv. Contract Bridge 10am: Mah-Jongg: Int'l & Chinese 10:30am: German Conversation -CX 12:30pm: Fabric Fanatics 1pm-3pm: Pickleball / Millennium Art 2:15pm: Sit & Get Fit	28 8am: Men's Coffee Group 9:15am: Tai Chi – Adv. 9:30am: Coupons for Military 10:15am: Tai Chi – Beg. 10am 90's Club 10:30am: BUNCO 11am: Rummy/12:30pm: CornHole 2:15pm: Stretch & Breathe - CX 6pm-9pm ROCK THE BLOCK	29
31 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 10am: Mah-Jongg / Chess 10:30am: Line Dancing 1pm-3pm: Pickleball 2:15pm: Chair Yoga					<u>Bold items in calendar are new session beginnings or special events</u>

Trips

The City of Fairfax Senior Center

Young at Heart Trips

4401 Sideburn Road, Fairfax VA 22030






All trips require reservation – first come, first serve. Payment is due at time of registration unless placed on a wait list. Trips depart from Green Acres Center. Please arrive 15-30 minutes early to check-in.

Registration Time - (for May and June Trip registrations)













Walk-In: BLANK, APRIL 13th, 2015 at 8:30 am

Online and Phone (with a credit card): BLANK, APRIL 13th, 2015 at 12 NOON






PHONE: 703-273-6090

	Lunch on your own		Uneven Walking
	Mainly Walking/Standing	SG/GT	Self-Guided Tour/ Guided Tour
	Stairs Required		Weather Sensitive

MAY TRIPS

   	<i>Washington Nationals Baseball Game (Washington, DC)</i> Hotdogs, nachos and cheese, cheering and baseball! Come see the Nations take on Miami! Each ticket comes with \$15 food voucher. Seats are in section 141. Wednesday, May 6, 2015 Depart: 12:15 pm Approx. Return: 4:00 pm	\$62
  	<i>Old Town Winchester, VA</i> Old Courthouse and Civil War Museum followed by Gardens and Glen Burnie House. Lunch will be on your own in Old Town. Wednesday, May 13, 2015 Depart: 9:30 am Approx. Return: 5:30 pm	\$31
  	<i>Solomon's Island, MD</i> Enjoy a beautiful day in Solomon's Island! Start with a visit to Anne Marie Sculpture Garden with a self- guided tour, lunch provided at Stoney's Kingfish Restaurant, a visit to Calvert Marine Museum concluding with a boat ride around the island. For more description see front desk. This trip will have transportation by a motor coach. Wednesday, May 20, 2015 Depart: 8:00 am Approx. Return: 7:30 pm	\$78
  GT	<i>Belle Grove Plantation (Middletown, VA)</i> Belle Grove is located in the northern Shenandoah Valley near Middletown, Virginia. It is an authentic 1797 Manor House, was built by Major Isaac Hite and his wife Nelly Madison Hite, sister of President James Madison. Please bring money for lunch at the Irish Isle Restaurant. Wednesday, May 27, 2015 Depart: 10:00 am Approx. Return: 4:00 pm	\$31

JUNE TRIPS

GT 	<i>Occoquan Boat Ride (Lorton, VA)</i> Enjoy the scenery along the Occoquan on our spring trip. Eagles, ospreys, herons are just a few of the many bird types you will spot. The captain will give local facts about history, real estate and many of the other boats along the river. Lunch provided on the boat. Wednesday, June 3, 2015 Depart: 12:15 pm Approx. Return: 4:00 pm	\$47
  SG 	<i>Misty Meadows Farm (Smithsburg, MD)</i> Homemade ice cream, coffee, and explore selections of meats, cheeses & milks! Learn about the history of Misty Meadows as you take a hay ride. Please bring money for lunch or bring your own bag lunch as well as money for additional purchases. Wednesday, June 10, 2015 Depart: 9:00 am Approx. Return: 5:00 pm	\$26
	<i>A Funny Thing Happened On The Way To The Forum (Winchester, VA)</i> Travel to the Valley to see this matinee production at the Shenandoah Summer Music Theatre. The plot revolves around a cunning Roman slave who will do anything to obtain his freedom It is a hilarious comedy with great Stephen Sondheim songs. Lunch on your own at the Old Towne Walking Mall prior to the musical. Wednesday, June 17, 2015 Depart: 10:00 am Approx. Return: 5:30 pm	\$46
	<i>Riverside Dinner Theater: Frank (Fredericksburg, VA)</i> A musical tribute to Frank Sinatra! Frank Sinatra is one of the most popular singers in American history. He was also an actor that appeared in 58 films. Lunch Provided. Wednesday, June 24, 2015 Depart: 10:30 am Approx. Return: 5:00 pm	\$71

Senior Classes

Activity	Day(s) and Time(s)	Fee(s)
Line Dancing	Mon, 10:30am-11:30am	5/11-7/6 (no class 5/25) = \$46; 7/13-8/31 = \$46; \$8 drop-in.
Chair Yoga	Mon, 2:15pm-3:15pm	5/18 = \$5; 6/1-7/13 = \$37; 7/27-8/31 = \$31/session; \$8 drop-in.
Seniorcise	Tue/Wed/Fri, 8:30am-9:30am	5/5-29 = \$37; 6/16-7/17 = \$46; 7/3 <i>no</i> 7/21-8/21 = \$46. \$141 All; \$8 drop-in
Easy Strength Training	Tues, 11:30am-12:30pm	5/5-26 = \$15; 6/16-7/14 = \$18.75; 7/21-8/18 = \$18.75. \$8 drop-in.
Beginning Pickleball Lessons	Tue, 3:00pm-4:00pm	5/26-6/9; 6/23-7/7; 7/14-28 = \$20/session.
Intermediate Pickleball: Skills, Drills, & Strategies	Tue, 4:00pm-5:00pm	5/26-6/9; 6/23-7/7; 7/14-28 = \$20/session
Easy Strength Training	Thurs, 11:30am-12:30pm	5/7-28 = \$15; 6/18-7/16 = \$18.75; 7/23-8/20 = \$18.75. \$8 drop-in.
Sit & Get Fit	Thurs, 2:15pm-3:15 pm	5/21-6/25 = \$31; 7/9-16 = \$11; 7/30-9/3 = \$31; \$8 drop-in.
Tai Chi Chuan: Beginner	Fri, 10:15am-11:15am;	5/8-6/26; 7/10-8/28 = \$45/session; \$8 drop-in.
Tai Chi Chuan: Advanced	Fri, 9:15am-10:15am	5/8-6/26; 7/10-8/28 = \$45/session; \$8 drop-in.
Stretch & Breathe	Fri, 2:15pm-3:15pm	5/8-6/26 = \$40; 7/31-9/4 = \$30; \$8 drop-in.
Encore Collage Craft: A RETRO-IntroSPECTIVE Process	Mon, 10:00am-11:30am	5/4. Free with Senior Center membership.
Exploring Art Modalities	Mon, 4:00pm-5:30pm	5/11-6/22; 7/20-8/24 = \$72/session; \$12/class.
Living with Dementia	Tues, 6:00pm-7:30pm	5/5, 12, 19, 26.
Learn Spanish	Wed, 2:00pm-3:00pm	5/6-6/24 = \$95.
Come Sit Meditation	Wed, 2:15pm-3:15pm	5/6-27; 6/3-24; 7/8-8/5 (no class 7/22); 8/12-9/2 = \$30/session; \$10/class.
Blood Pressure Screenings and “Ask A Nurse”	Fri, 12 noon – 1pm	May 1 & 15, June 5 & 19, July 10 & 24, Aug. 7 & 21. Free.

Upcoming Events

Fri. April 10: 9am-2pm	Open House for Young at Heart Senior Center
Mon, April 13: 8:30am	On-site Trip Registration: May and June 2015 Trips
Fri, May 1: 12:30pm	Travel Log International Balloon Festival with Don Lederer
May 5, 12, and 19 : 6-7:30pm	Senior Caregiver Workshops Series on Tuesday evenings
Mon, May 4: 10am -11:30am	Encore Collage Playshop: <i>A RETRO-IntroSPECTIVE Process</i>
Thurs, May 7: 9am	Bocce Season Starts
Fri, May 8: 11am	Mother's Day Tea & Your Wedding Dresses Display
May 13 – 16	Virginia Senior Games: Newport News, Virginia
Fri, May 22: 11:30am	Kickoff-to-Summer Barbeque and Covered Dish
Mon, May 25	Center Closed: Memorial Day Holiday Observed
Wed, May 27	National Senior Health & Fitness Day
Mon-Fri, June 1-5	Niagara Falls and Toronto Trip
Fri, June 12: 11:30am	<i>Living Longer at Home</i> with Rob Rickert
Mon, June 15: 8:30am	On-site Trip Registration: July and August 2015 Trips
Thurs, June 18: 10:30am	Elements of Fly Fishing / Fly Casting
Fri, June 19: 9:30am	Father's Day Breakfast
Fri, June 26: 11am	Fall Prevention Presentation
Wed, July 1: 11:30am	4 th of July Picnic Potluck
Fri, July 3:	Center Closed: Independence Day Observed
Sat, July 4: 10am-Noon	Independence Day Celebration Parade: Walk with Senior Center
Mon, August 17: 8:30am	Onsite Trip Registration: September and October 2015 Trips
Fri, September 4: 11:30am	Labor Day Cook-out Picnic
September 12 - 23	Northern Virginia Senior Olympics

Articles of Interest

Annual Young at Hearts Photo Contest

Your Pictures Wanted!

Photographs taken between January 1 and September 25, 2015

Categories: Friends and Family, Nature, Travel, and Around Our City

Application with Rules available at Green Acres Center's Front Desk

Prizes will be awarded for each category on Friday, October 2 at 12:30pm. Winning entries will be limited to two per person. The actual prizes will be determined prior to the completion of the contest and may include printing in either a Senior Center or other City of Fairfax publication/event.

Rules:

- Contest is open to seniors 55 years or older.
- Picture must have been taken between January 1, 2015 and September 25, 2015.
- Each entry must be a 4 x 6 inch glossy print.
- Each entry must be accompanied by an entry form.
- The entry must be submitted by the owner of the photograph.
- All entries must be submitted to the Senior Center Staff no later than September 25, 2015.
- A contestant cannot also participate as a judge.

Calling All Bocce Players – Season Opening!



Bocce has become a popular sport at the City of Fairfax Senior Center. Games are played on Thursday mornings, beginning at 9am from May until September at our outside courts.

Get your teammate and Sign-up on the Senior Center Bulletin Board.

Facts to know:

- Sign up with a partner
- Informational Meeting scheduled Thursday, April 30 at 10:30am in the Senior Center
- Season starts Thursday, May 7th at 9am
- Season concludes on September on the 24. Awards party to follow the last game.
- Thanks to our Bocce Coordinator Nick Garito

Senior Spotlight



Florence Rowland, otherwise known as “Boots” is an active member here at the center since 2008. She volunteers much of her time at the center helping with special events, decorating, committees, Lunch Bunch and parties! She enjoys the senior center and quotes “Green Acres is the place to be!”

Boots is a native to Fairfax County, graduating from Fairfax High School. She has four siblings and is very close with the two that are still living. Soon after graduation she married her love, Frank, and together had two daughters. From the two daughters she now has a total of four grandchildren: two granddaughters and two grandsons. She retired from Fairfax County Government after a long 48 years working in the health department and two and half years in the County Executive’s office. She continues her friendships with her previous co-workers and considers them a second family.

Since retirement Boots enjoys working in her yard, tending to the many flowers that bloom in spring and summer. She volunteers much of her time to Green Acres and her church. Boots is on the Hospitality, Sunshine and Travel Committee here at the center and on the Hospitality team at the church. You may also see Boots at PJ Skidoos or Arties, her favorite City restaurant.

One thing you may not know about Boots is that she has her motorcycle license. Her husband enjoyed riding, so when she hit 35 years old she decided it was time to get her own. Hard to believe our sweet, soft spoken Boots actually kicked it around on a motorcycle. Although Boots and her husband of 53 years did not go on any out of town trips with the motorcycles; they did enjoy riding leisurely around town on the weekends.

When asked about a memorable vacation or trip, she had fond memories of a time when she and her boss went to Mexico City to visit her boss’s daughter. They decided to take a tour bus to further explore Mexico’s sights. The bus was a rickety old thing and they were the only women on board. The bus ended up breaking down on the edge of a mountain, cliffs all around. Boots and her boss were not having any part of getting back on that rickety old bus chancing another breakdown on the edge of a mountain. They still laugh about it today!

It is a delight and a blessing to have such a dependable person as part of our membership at the senior center!

Senior Center Council

The Senior Center Council's membership is composed of eleven volunteers who have varied areas of interest and involvement in programs and activities at the Senior Center and within the City of Fairfax. The purpose of the Senior Center Council is to assist the Recreation Manager of Green Acres/Senior Center and staff, to fulfill the social, educational, physical and recreational needs of the center's members.

Elections for new officers and members will take place in August and September.

Council Meetings are held the 4th Tuesday of each month at Green Acres Center.

The Senior Center Council officers are:

Chair- Gail Wade

Vice Chair- Aldo Domenichini

PRAB - Jane Albro

Secretary- Jane Woods

Treasurer- Paul Kavanaugh



COUNCIL MEMBERS

Judy Balser

Marcia Clukey

George Evans

Ellis Hamilton

Duane Perry

Larry Steinman



Young at Heart Senior Center

4401 Sideburn Road

Fairfax, VA 22030

Join us at the Senior Center

Learn something new and have some fun!

Call the center for details

703 273 6090

AMERICANS WITH DISABILITIES ACT

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858

55+ SUMMER ADVENTURE TRIPS

HIKING & PICNICING - SKY MEADOWS STATE PARK (Delaplane, VA)

Thursday, May 7: 9:00am – 3:00pm

Rich in history, this 1,864-acre park has scenic views, woodlands and the rolling pastures of a historic farm that captures the colonial through post-Civil War life of Mount Bleak House. The park has 19 miles of hiking trails and access to the Appalachian Trail. We'll hike from the house up to the overlook – viewing the rolling hills of the Piedmont. Afterwards, bring a sandwich and something to share as we picnic at this peaceful getaway on the eastern side of the Blue Ridge Mountains; bottled water provided. Van transportation provided; wear comfortable hiking shoes, sunscreen, sunglasses, and dress for the weather. Limit to the first 12 to register.

Fee: \$20.

PADDLEBOAT ON THE TIDAL BASIN (Washington, DC)

Saturday, May 30: 3:00pm - 8:00pm

It's totally touristy – and it's totally fun! We'll rent canopy-covered paddleboats on the Tidal Basin in Washington, DC for a fantastic view of the Jefferson Memorial, Martin Luther King, Jr. Memorial, and the Washington Monument. Sure, you'll pedal a lot and not go very fast in the four-passenger boats (only 2 people pedal) – but it's a great workout for the peddlers! For the backward riders: take pictures, tell stories, and have fun! Bring money for dinner at a Smithsonian Museum eatery. Wear sunscreen, sunglasses, and comfortable walking shoes. Van transportation provided. Limit to the first 12 to register.

Fee: \$25.

CHILL OUT AND FLOAT! (Boonsboro, MD)

Saturday, Aug 22: 9:00am – 5:00 pm

When the summer temps reach well into and past the 80's, join us for a van excursion to Boonsboro, Maryland, where we'll be refreshed in the shaded, spring-fed Antietam Creek. We'll cool off by dipping our backsides into an inner tube and float along for two hours past farms, through riffles and small rapids, and under arch stone bridges – including Burnside Bridge, A Civil War-era landmark. With a few spots to beach the tubes, we'll bring an ice chest with beverages and bag lunches (there's a tube for that, too). At the end, we'll be shuttled back to our van for our return trip to Fairfax. Wear old sneakers, swimsuit or clothes, and sunglasses; bring sunscreen, a towel, change of clothes and shoes. Limit to the first 12 to register.

Fee: \$50.